Put It Down

A 7-day tracker



- [ ] **Day 1**
  After the kettle boils, put your shoes on.

- [ ] **Day 2**
  One small thing _____

- [ ] **Day 3**
  One small thing _____

- [ ] **Day 4**
  One small thing _____

- [ ] **Day 5**
  One small thing _____

- [ ] **Day 6**
  One small thing _____

- [ ] **Day 7**
  One small thing _____